

The SweetEST Veggie Treat

Reading Comprehension Grades 5-6

Read the passage. Place a check in the true or false box next to each statement below.

Munch on a Rainbow of Colors

Eating 5 or more servings a day of fruits and vegetables may help you live longer. Richly colored produce provides you with vitamins, minerals, fiber, and phytochemicals that are good for your health.

The red pigment found in watermelon, tomatoes, and red grapefruit is called lycopene. Lycopene has powerful antioxidant capabilities.

Including orange and yellow fruits and vegetables in your diet is a tasty way to get your vitamin C. Vitamin C is great for a healthy immune system and is also found in blue and purple produce such as blueberries, purple grapes, and blackberries.

Eating green fruits and vegetables helps you maintain good vision and strong bones. Some examples of this group are green apples, sugar snap peas, and green beans.

Even light-colored bananas, potatoes, and white corn are nutritious. Eating brown, white, or tan and vegetables can help you maintain healthy cholesterol levels.

- ☐ T ☐ F Watermelon contains the antioxidant lycopene.
- ☐ T ☐ F Eating potatoes is a great way to help build strong bones.
- ☐ T ☐ F Orange, yellow, blue, and purple fruits and vegetables are good sources of vitamin C.
- ☐ T ☐ F Eating green apples, sugar snap peas, and bananas can help you maintain good vision.
- ☐ T ☐ F Vitamin C is found in oranges and blue produce.

Read each recipe and fill in the Venn diagram. Write at least three facts the recipes share and three facts unique to each one.

Melon Supreme

- 1 (13 1/2 ounce) can pineapple tidbits
- 1 cup cantaloupe balls
- 1 cup watermelon balls
- 1 cup sliced, peeled peaches
- 1/4 cup mayonnaise
- 1 tablespoon powdered sugar
- 1/4 teaspoon grated lemon peel
- 1/2 cup whipped cream, sweetened

Drain pineapple, reserving 2 tablespoons syrup. Mix fruits; chill. Blend together reserved syrup, mayonnaise and sugar; beat with rotary beater until smooth. Stir in lemon peel. Fold fruit into mayonnaise mixture. Whip cream (add sugar and vanilla to taste); fold into fruit. Chill.
Makes 6 to 8 servings.

Warm Oriental Watermelon & Fruit Sauce

- 2 cups fresh pineapple chunks
- 1 cup fresh cantaloupe chunks
- 2 pears, cored, peeled and chunked
- 2 apples, cored, peeled and chunked
- 2 cups watermelon puree
- 1 cup sugar
- 1 tablespoon ginger powder
- 1 teaspoon ground cinnamon

Place ingredients in a large, heavy saucepan, and bring to a simmer. Simmer gently for 5 minutes. Serve warm or cold.
Makes about 6 cups, serving 8 to 10.



A simile compares two unlike things using words **like** or **as**. Finish each of the statements below by using a simile. Paint a picture with your words.

The sun shone on the farm like a _____.

My slice of watermelon was as sweet as _____.

Long green vines stretched across the field like _____.

The 250-lb. watermelon was as big as _____.

Did you know ...

There are watermelons with yellow to bright orange flesh.

Early explorers used watermelons as canteens.

***Citrullus lanatus* of the botanical family *Cucurbitaceae* is the official name of watermelon.**

